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HOUSEHOLD CALENDAR

Nevada's Keep-Growing Program in Nutrition

A dialogue between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Morse Salisbury, Radio Service, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Wednesday, March 10, 1937.

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MR. SALISEBURY: Now I'm going to turn the microphone right over to your friend Ruth Van Deman for another of her reports on home economics matters. Ruth, the Farm and Home Hour is yours - for seven minutes.

MISS VAN DEMAN: Thank you, Morse, I'll try to make good use of these seven minutes. And I wish that George Ogilvie, Jr., of Lee, Nevada, were here in person to help me. I've read his booklet called "Animals' Advice" from cover to cover. And I feel that George Ogilvie, Jr., aged seven or maybe eight it is now, is a young man I'd like very much to know.

Last spring George won a first prize for his booklet in the Keep Growing contest run by the Nevada State Extension. Mrs. Anne Hanten, who broadcasts in San Francisco, for the Bureau of Home Economics, was so impressed with the wisdom that young George managed to pack into the few pages of his health primer, you might almost call it, that she described it in a talk on the Western Farm and Home Hour. Now with her permission and the permission of the Nevada Extension people, I want to tell you about "Animals' Advice."

MR. SALISEBURY: Ruth, before you go into George, Junior's book won't you give us a little background on this Keep Growing program, as they call it in Nevada.

MISS VAN DEMAN: Yes, that's a good idea. For fourteen years now, Mrs. Mary Stilwell Buol and the home demonstration agents associated with her have been going through the rural communities in Nevada carrying on an educational program in nutrition and health habits under this Keep Growing slogan.

The State Board of Health and local doctors and nurses and many others have cooperated with them in making regular examinations and correcting defects so every child will be free to gain.

MR. SALISEBURY: Free to gain. That's a good way to put it.

MISS VAN DEMAN: Yes. This is a positive health campaign they're carrying on. And when a community measures up to a certain standard it gets a gold star or a silver star certificate. The school children themselves work hard to help earn one of these certificates for their school.

MR. SALISEBURY: I suppose young George Ogilvie with his prize book helped win an award for his community.

(over)

MISS VAN DEMAN: Yes, his community is in the gold star class.

MR. SALISBURY: Fine. Now let's have a look at this famous book of his called Animals' Advice.

MISS VAN DEMAN: Here it is, decorated with paper cut-outs of a pig and a cat on the cover, and big white letters saying: Animals' Advice - Keep Growing. Then just inside is a title page in the handwriting of George Ogilvie, age 7, Grade 1, of Upper Fork School.

MR. SALISBURY: A little old red school house.

MISS VAN DEMAN: Very likely. And now getting into the real heart of this book, here's a page with a paper cut-out of a big black owl silhouetted against the moon, and underneath in George's big round script -

"Go to bed early.  
You are not an owl."

MR. SALISBURY: And next, you don't mind if I help you read this book do you, Ruth?

MISS VAN DEMAN: No, delighted to have you.

MR. SALISBURY: Next is another scissors picture of a very white sheep, and the caption reads:

"Wear your wraps in winter.  
You are not a sheep."

Pretty good - hope I can remember that these fickle March days when I'm tempted to leave my overcoat home.

MISS VAN DEMAN: Here's more advice on what to wear. A beautiful yellow paper duck, and again in George's handwriting:

"Dress to keep dry.  
You are not a duck."

And look at this one - a large turtle of green paper. It says:

"Walk briskly.  
You are not a turtle."

MR. SALISBURY: Pretty good advice for pedestrians in traffic.

MISS VAN DEMAN: And next - a brown paper squirrel and this warning:

"Don't crack nuts with your teeth.  
You are not a squirrel."

Then a gray pussy cat and - -

"Wash before you eat.  
You are not a cat."

MR. SALISBURY: Pretty keen observer of animals and humans I'd say. And look at this red hen, redder than any Rhode Island Red I ever saw. But here's what's important:

"Don't eat food you find on the ground.  
You are not a chicken."

Good enough.

MISS VAN DEMAN: And so is this. A brown cow with a large, round eye and these words:

"Chew your food before you swallow,  
You are not a cow."

Then a very camelish camel, and by way of advice:

"Take a drink often.  
You are not a camel."

And next a very finny fish speckled all over with red and yellow and black dots, and below it:

"Take a bath often.  
You are not a fish."

Then last a bright pink pig, and - -

"Eat slowly.  
Keep clean.  
You are surely not a pig."

That's all of "Animals' Advice" as written and pictured by George Ogilvie, Jr. The last page in his booklet is his Keep Growing Record Chart, filled in by his teacher I suppose. It shows that he gained 5-3/4 pounds from September to April, and he brought his muscle tone and his nutritional condition up from fair to good. So it sounds as though George knew how to follow advice as well as put it down on paper. All power to him.

Of course this book of George's that I've brought up here today and this nutrition work in Nevada, is just one example of the fine work in child health that is being done through every State extension service. Probably many of you listening in right now are thinking of a story that caps mine. Go ahead and tell it, I won't feel the least bit embarrassed.

After I broadcast those stories about the hot school lunch projects in rural schools, many of you wrote me about fine things that have been accomplished in your own communities in the face of great difficulties. I hope our bulletin with menus and recipes for hot school lunches has helped some. It's hard going sometimes I know without a trained manager to plan the meals and supervise the cooking.



MR. SALISBURY: Ruth, that school lunch bulletin as I remember it is only for leaders of school lunch projects. Haven't you some bulletins on children's diet for mothers to use at home?

MISS VAN DEMAN: Yes, we have two good ones. One called Food for Children. It tells all about the foods needed for good nutrition and winds up with typical menus and a few recipes. Food for Children is that title. And we also have a leaflet on Good Food Habits for Children. Tells how to train 'em young so they'll like the foods they need for good nutrition. Food for Children and Good Food Habits for Children.

Morse, I have a letter here complaining that we don't tell people clearly enough where to write for these bulletins. It's time for me to sign off, so I'll leave it to you to be explicit on that point. Good-bye for this time, and I hope to be back next week.

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